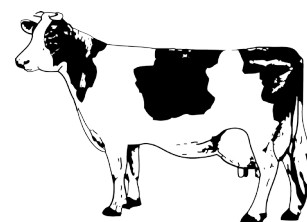


## Ask the Expert: Why consume dairy?

Written by Briana Rapp, RD, CD



Dairy is an important part of MyPlate and an important part of a healthy diet. Dairy foods include all fluid milks, such as skim milk, flavored milks, and lactose-free milks; yogurt, milk-based dairy desserts, and cheese. The United States Department of Agriculture's MyPlate recommends children 2-3 years old should eat 2 cups of dairy food per day, those 4-8 years old should eat 2 ½ cups, and anyone 9 years or older should eat 3 cups per day.

Dairy foods have several essential nutrients. Three of these nutrients, calcium, potassium, and vitamin D, are nutrients Americans are not eating enough of, according to the 2010 Dietary Guidelines for Americans. Calcium and vitamin D are important because they help build healthy bones and teeth and protect bone mass. Potassium can help manage blood pressure. Children and teenagers especially need the nutrients in dairy foods to support healthy bone growth. Eating dairy foods may also help manage blood pressure and reduce the risk of osteoporosis, heart disease, and type 2 diabetes.

Dairy foods have many of the nutrients that are recommended for Americans to increase in the Dietary Guidelines, but some dairy foods may be sources of saturated fat and cholesterol. Eat low-fat or fat-free dairy foods that are fortified with vitamin D to lower your intake of saturated fat and cholesterol. Cream, cream cheese, and butter are not classified as part of the dairy group in MyPlate because they are low in calcium. However, lowering intake of these foods is also healthy.

Some people may avoid dairy due to a personal preference or intolerance. These individuals need to make sure that they are still receiving the nutrients that dairy provides, especially calcium, potassium, and vitamin D. Other choices might include calcium-fortified soymilk, lactose-free products, and other foods high in calcium, such as canned fish with bones, and soy foods like calcium-set tofu. Those with intolerance may choose to eat dairy foods in smaller amounts or take a lactase tablet before eating dairy.

Ways to include dairy in your diet are by adding low-fat cheese to eggs, casseroles, soups, and other dishes; topping baked potatoes with low-fat cottage cheese or cheddar cheese; and adding low-fat or fat-free milk or yogurt to smoothies. See the Eating Right section for recipes with yogurt and this month's bonus insert about how to sort through the many dairy choices in the grocery store.

Source: <http://www.choosemyplate.gov/food-groups/dairy.html>

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## Food Safety: Raw Milk

Written by Hannah Boeh, MPH Graduate Student in Department of Health and Kinesiology

Raw milk is a current topic in the public spotlight. Milk and other products made from milk such as ice cream, yogurt, and cheese can be a severe risk to health when consumed raw, or unpasteurized.



### Why is raw milk not safe to drink?

Raw milk may contain harmful germs that cause food-borne illness. These germs can be bacteria, parasites, or viruses. Some examples of harmful germs that may be in raw milk are E-coli O157:H7, Campylobacter, Listeria, Salmonella, norovirus, or Giardia, a parasite spread through contact with feces.

Despite the presence of these harmful germs, raw milk may appear safe. Disease-causing germs cannot be detected simply by looking for differences in the look, taste, or smell of the milk. Surprisingly, most of the features that people enjoy in milk are still present even when milk is not safe to drink. Pasteurization is the best way to make sure that harmful germs are not present in milk.

### What is pasteurization?

Pasteurization is the method by which milk and milk products are handled to ensure that they are safe to eat and drink. The pasteurization process takes place in a facility where milk is heated for a short period of time, killing potential disease-causing germs.

Pasteurization does not change the nutritional content of the milk itself.

### Who is at risk from drinking raw milk?

Infants, young children, elderly, pregnant women, and others with weakened immune systems are the most at risk for getting sick from drinking raw milk. Illness from drinking raw milk can cause diarrhea, stomach cramping, and vomiting, or more serious long-term effects, such as kidney failure, paralysis, and stroke. These illnesses can also affect people who have been drinking raw milk for a long time without becoming ill. The health risks of drinking raw milk are severe and have the potential to cause long-term illness and even death. Drinking pasteurized milk and milk products is the best way to enjoy milk and avoid these risks.

### How do I keep pasteurized milk safe?

Milk can still turn sour when it is stored in the refrigerator even though it has been pasteurized. The date printed on the milk carton is actually the sell-by date. But before drinking milk past this date, be sure to consider if the milk was stored at the proper temperature (38-40°F), if it was left out of the fridge for a long period of time, and how it was handled since the purchase date. Following simple food safety guidelines like storing milk properly and not leaving milk out for long periods of time will help to keep pasteurized milk safe to drink and maintain a delicious source of vitamins and nutrients for you and your family.



**Sources:** <http://www.cdc.gov/foodsafety/rawmilk/raw-milk-index.html>; <http://www.foodsafety.gov/keep/types/milk/index.html>; <http://www.healthyeating.org/Milk-Dairy/Dairy-Facts/Milk-Storage-Handling/Article-Viewer/Article/1587/Can-You-Drink-Milk-Past-Its-Sell-by-Date.aspx>; [http://www.foodsafety.gov/blog/raw\\_milk.html](http://www.foodsafety.gov/blog/raw_milk.html). **Photos:** (top left) Image by R.M. Siegel, available at <https://www.flickr.com/photos/grongar/7283547836/sizes/l/>; (bottom right): <http://pixabay.com/en/bath-milk-glass-fund-back-ground-188844/>

Written by Jennfier Mansfield, Undergraduate Student in Dietetics and Nutrition

Yogurt is often eaten by itself, but yogurt may also have a wide variety of uses in the kitchen. Plain unflavored yogurt is a healthy substitute for ingredients like cream cheese, sour cream, and solid fats such as butter, margarine, and shortening that may be high in saturated fats and cholesterol. Plain unflavored yogurt may also be enjoyed by adding fruit or granola. Greek and plain yogurt can be used as a substitute for high-fat ingredients in cream soups, pasta dishes, potato salad, dips, smoothies, and baked goods.

Some benefits of using plain or Greek yogurt instead of more traditional high fat ingredients are that yogurt may reduce the amount of saturated fats, cholesterol, and calories in the foods you eat and enjoy. Healthier diet choices can help reduce the risk of heart disease, cancer, and other health problems.

### Try using low-fat or fat-free plain or Greek yogurt as a substitution...

- **In baked goods**—replace some of the butter or margarine with plain or Greek yogurt for added moisture and less fat.
- **In chocolate dessert recipes**—use 3 Tablespoons baking cocoa + 2 Tablespoons of yogurt in place of 1 ounce of baking chocolate.
- **In hot dishes**—add 1 Tablespoon flour or cornstarch to 1/2 cup yogurt and use in place of heavy cream for recipes such as cream based soups. To prevent separation, remove the dish from heat and add the flour or cornstarch after it has cooled a little.
- **Baked potatoes**—use yogurt instead of sour cream.
- **Pancakes and waffles**—use yogurt as a topping instead of sugary syrup.
- **Pasta/potato salad**—use yogurt in place of sour cream.



**Sources:** [http://msue.anr.msu.edu/news/got\\_greek\\_yogurt](http://msue.anr.msu.edu/news/got_greek_yogurt); [http://extension.usu.edu/duchesne/files/uploads/fcs/fat\\_sub\\_sept\\_08.pdf](http://extension.usu.edu/duchesne/files/uploads/fcs/fat_sub_sept_08.pdf); <http://www.wvu.edu/~exten/infos/pubs/fypubs/wgl20.pdf>. **Photo:** Image by R.M. Siegel, available at <https://www.flickr.com/photos/grongar/5532596061/sizes/l>

## Beef Stroganoff

### Ingredients

- 3 cups uncooked whole grain macaroni
- 1 onion
- 1 pound mushrooms
- 2 teaspoons vegetable oil
- 1 pound lean beef, top round
- 1 cup plain, fat-free yogurt
- 1/4 teaspoon each of salt and pepper
- 1/4 teaspoon nutmeg
- 1/2 teaspoon dried basil
- 1/4 cup white cooking wine

### Directions

1. Cook macaroni according to box directions.
2. Finely chop onion and place in medium to large skillet. Slice mushrooms and add to skillet. Saute onions and mushrooms in oil for 2 minutes only.
3. Cut beef into 1-inch cubes. Add beef to onions and mushrooms and saute beef until cooked all the way through (internal temperature of beef should be 160°F). Turn to brown evenly.
4. Add yogurt, salt, pepper, nutmeg, basil, and wine to skillet; gently stir in. Heat, but do not boil.
5. Serve with macaroni.

**Recipe source (above):** adapted from <http://recipefinder.nal.usda.gov/recipes/beef-stroganoff>

\*Underlining denotes a TEFAP commodity food ingredient.

## Banana-Raspberry Smoothie

### Ingredients

- 1 cup frozen raspberries
- 1 frozen banana
- 3/4 cup 100% orange juice
- 1/2 cup plain low-fat or fat-free yogurt
- 1/3 cup low-fat or fat-free milk

### Directions

1. Blend all ingredients well in a blender, and enjoy!

### Variations:

- Try frozen strawberries, blueberries, mixed berries, mango, or peaches.
- Try pineapple juice, orange-tangerine juice, and other 100% juice blends
- Try other yogurt flavors

**Recipe source (above):** adapted from <http://food.unl.edu/fnh/nine-yogurt-recipes>

### Other yogurt tips and ideas:

- Try adding oatmeal and fruit to yogurt—just let the oatmeal soak in the yogurt for 1-5 minutes.
- Add your own sweetener to plain yogurt, such as honey or maple syrup.



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IN THE NEWS

## May is National Osteoporosis Awareness and Prevention Month!

Written by Briana Rapp, RD, CD

Educate clients during the month of May about how to decrease their risk of developing osteoporosis. Osteoporosis, or “brittle bone disease,” weakens bones, thereby increasing the risk of fractures. Breaking a bone can cause serious problems, such as severe pain or loss of movement. Osteoporosis is known as a “silent disease” because it often goes undetected until it’s too late.

Prevention of osteoporosis includes eating a balanced diet with enough calcium and vitamin D, having an active lifestyle and maintaining a normal weight. Quitting smoking, limiting alcohol intake, taking medications properly, avoiding falls, and receiving regular screenings to check bone health will also help to reduce the risk of osteoporosis.

The National Osteoporosis Foundation has started a new campaign in light of this special month called Break Free from Osteoporosis. Go to the National Osteoporosis Foundation at [www.nof.org](http://www.nof.org) for more information and materials on this new campaign and National Osteoporosis Awareness and Prevention Month.



Sources: <http://aginginstride.ewnewsworks.com/en/16/articles/464/May-is-Osteoporosis-Awareness-and-Prevention-Month.htm>; <http://nof.org/articles/7>; <http://nof.org/learn/>; <http://nof.org/learn/prevention>; <http://nof.org/articles/2>